

Ref: Office2/Dean/CSR-NSS/2024/01

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NOTICE

Mental Health Awareness Workshop – Prioritize Your Well-Being

Dear Faculty Members and Students,

The **CSR Club/NSS Unit of MERI** is organizing a **Mental Health Awareness Workshop** on **October 30, 2024**, to promote **mental well-being, stress management, and emotional resilience**. This workshop aims to create a **supportive environment** where students can openly discuss mental health challenges and learn effective coping strategies.

Workshop Highlights:

Expert-Led Session – A licensed psychologist will discuss **stress, anxiety, and mental health awareness**.

Mindfulness & Relaxation Techniques – Guided **meditation, breathing exercises, and self-care practices**.

Interactive Q&A & Peer Support Discussion – Open conversations about **mental health struggles and how to seek help**.

Mental Health Pledge – A commitment to **self-care and supporting others' well-being**.

Date: January 5, 2024

Time: 10:00 AM – 1:00 PM

Venue: College Auditorium

Club Coordinators:

Prof. (Dr.) Deepshikha Kalra, DEAN, MERI

Ms. Shweta Ahuja, Faculty Coordinator

Mr. Pawan Kishore Jha, Faculty Coordinator

CC:

All Notice Boards

DM Team: For website upload

All Faculty Members and Staff: For information please

HOD-(JMC): For information please

HOD-(HR): For information please

HOD-(IT): For information please

Dean: For information please

CFO: For information please

Vice President: For information please

Student Coordinator:

Harshit

Jatin